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Conversation: cycle2city newsletter

CYCLE2CITY NEWSLETTER - APRIL 2009



Welcome to our autumn newsletter and the first chill of winter.

I for one don't mind a nice cold winter; it's a little holiday from the monotony of a long sweaty summer. Winter is a time to remember how much you enjoy dressing up a bit more and feeling invigorated by the fresh, crisp feeling in the air. It's arguably the best time to cycle to work if only to witness the breaking winter sunrise as you cross the Goodwill Bridge.

I have been invited to walk the Overland Track in July, which I have walked before in summer, but this winter trip has enticed me with its promise of 'winter beauty'. I will just have to prepare accordingly, and I am happy to do that because it will be worth it.

The workshop section of the newsletter focuses on preparing for the cooler months and will hopefully assist our members with the transition into winter. In coming weeks you will see our new range of bike lights - which will be available for trial and sale, and Netti clothing that is both versatile, safe and perfect for cold weather cycling.

We are also trying to ramp up our buddy biking system, especially for new members who can benefit from following an 'old head' in and out of the city.

Winter is a great time of year and we should enjoy it while it lasts because it does not last long; we just have to prepare yourself accordingly.



cycle2city news

The cycle2city stimulus package.

In the spirit of the current economic crisis where everything is going down, so are cycle2city's prices:

- 1 month casual @ \$5 per day: \$60
- 1 month @\$5 per day: \$100
- 6 month @ \$4 per day: \$520 when paid in monthly installments. If term is paid upfront a \$40 discount applies.
- Casual rates: \$8
- ****New****: Multi-use casual cards. Purchase 5-20 casual visits and use them when you need.

Referral Reward Program

We want to say a big thank you to those members who have been spreading the word about us to their friends, family and colleagues.

As a reward, for each referral that results in a 6 month membership the referring member will receive two weeks credit towards their next membership renewal.

Labour Day Public Holiday

cycle2city will be closed Monday the 4th of May for the Labour Day Public Holiday.

The Cycling Promotion Fund recently held its Sixth Annual

The T.I.C turns 1!



Come and celebrate our 1st Anniversary on Tuesday May 19. All visitors to the Transport Information Centre on this day will receive a free coffee. Located just above the Cycle Centre, the Transport Information Centre can provide bike maps and other useful information for regular cyclists or those thinking about riding to work.



Filtered water for cyclists

It made sense to put in a water filter system for our members. Cyclists drink a lot of water so we might as well make the experience a little more enjoyable by providing clean, nice tasting water.

We installed a Konia system and



Australian Bicycling Achievement Award aimed at acknowledging individuals who are working towards creating a bicycle friendly Australia.

Queensland picked up the top award with Lord Mayor Campbell Newman being recognised for his investment in bicycling infrastructure. Alton Twine was awarded the Cycling Promotion Award of the Year for advancing cycling within his professional field of expertise. Congratulations!

Visit www.cyclingawards.com.au to see more about the awards.

we wouldn't give it a plug here unless we thought it was pretty good. It's located beside the existing water fountain – you can't miss it because the outlet spout is designed for your bottle, and the water does taste especially good.

www.konia.com.au

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### A gentle reminder about the Laundry....

Laundry is picked up at 9am everyday and returned the next day at 10am. Any laundry dropped off after 9am will not be collected until the next day.

If you change lockers, please inform staff, as laundry will be placed in the locker that the dry cleaning card indicates.

Most importantly, if you have any queries regarding the laundry system, please ask staff at reception.

### Around the bike ways:

The Hale Street Link website provides up to date information on construction and detours for cyclists.

[www.halestreetlink.com.au](http://www.halestreetlink.com.au)

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The following link is updated twice a week with all bike way closures and other relevant information.

www.brisbane.qld.gov.au

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Bushranger Bikes is a specialist cycling company who run group cycling adventures. In conjunction with Brisbane City Council the **Active Park Bike Rides** program offers rides for people of all abilities to explore the greater Brisbane area with like minded cycling folk.

For program information follow the link below.

[www.bushrangerbikes.com.au](http://www.bushrangerbikes.com.au)

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Multi Terrain Bike Orienteers Club

Ever thought about combining cross country cycling and navigation? Well if you are up to the challenge and don't mind a bit of mud visit the below website and check out some of the up coming events.

www.mtbo.com.au

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### Useful Links:

MTB Dirt- Trails & Info for the



## What made you stop? C2C photography competition

Often the commute to work and home is purely about getting there and not taking in *how* you got there. Well, we're giving you a reason to stop and take in the serenity.

Take a photo on your commute to work and while we know that a picture paints a thousand words, we need an extra 25 words to explain "What made you stop?".

Submit it to reception before the 1st of June and the winners efforts will be rewarded by either:

1. A retail/workshop voucher: valued at \$100.
2. One month membership free.
3. Entry into a cycling related event of your choice: to the value of \$100.

And because we all don't think like the staff at C2C, there will be a members choice award. The winner will receive a \$40 Starbucks card.

Entry is open only to members and is limited to one photo per person.

Entry forms and further information are available at reception.

Happy clicking



## C2C to Redland Bay bike ride: 13<sup>th</sup>-14<sup>th</sup> June



Join us this June for a weekend of cycling, campfires and toasted marshmallows. You will also benefit from the pre-departure talk on bike safety and road rules to ensure you feel confident with your particular level of experience.

Departing from C2C we will travel down to Redland Bay and spend the night at Mirambeena camping grounds. Distance and route to be advised. The aim is to cover as much bike path as possible with the remainder on safe roads with wide shoulders. It is partly an educational ride for those requiring a few more 'miles' to boost their confidence.

All riders will be catered for, however some bike experience and fitness is necessary.

You can choose to either join us for the day trip down or camp the night and cycle back to C2C on the Sunday.

Lunch, dinner and Sunday breakfast will be catered for and support vehicles will transport your overnight gear to the camping grounds.

There are a limited number of overnight spaces available so please RSVP by the 29th of May to secure your spot.

More information and prices will be available from Tuesday the 5th of May from staff at reception or email [administration@cycle2city.com.au](mailto:administration@cycle2city.com.au) for an

information pack.

SE-QLD area

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Bicycle Queensland

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Brisbane Bicycle Touring Association

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Brisbane City Council Cycling Information (including maps)

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CBD BUG

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Bikely- Helps cyclists share knowledge of good bicycle routes.

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USM Events- Runs cycling and triathlon events

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WHAT OUR MEMBERS THINK...



There are more male cyclists out there than women, a lot more. There are numerous reasons for this, and while many are valid, some are being overcome especially with facilities such as ours.



I am often asked who are our most committed commuter cyclists using the facility. There is some surprise when I say one of the most committed is a 56 year old lawyer at McKAYS Solicitors who, because of a past brain injury, required a medical clearance before he bought his first bike and joined C2C last year. Here is his story;

The following story will hopefully inspire women to jump on their bikes and join the cycling revolution.

In March 2009 I joined the growing number of people adopting cycling for transportation. I bought a commuter bike and started cycling to work. I was a little dubious about the bike I chose at first because of its lack of creature comforts—no padded seat or suspension; however, after a month of riding I have not looked back. What my bike lacks in comfort it far makes up for with its low weight and speed. (I have also bought some padded bike pants!)

I primarily want to cycle for environmental reasons. Cycling is a very clean way to get around. I also like getting exercise while getting to and from work. I now cycle to work 7 km each way 4 or 5 days a week, which is just enough to get my heart up and racing.

I live in Bulimba, so I have a really pleasant route to ride. I take the Teneriffe Ferry and then cycle along the river until Adelaide Street. This probably isn't the fastest route but it is a nice way to start and end the day. I think I have chosen the most magical time of year to start riding. The weather is beautiful and Brisbane looks great at all times of day. I don't think I would appreciate this as much driving a car to work.

The Cycle2City centre helped me overcome some of the barriers that could have prevented me from cycling. They provide a clean and secure place to get ready and store my bike and gear. I have all the mod cons I need to make myself presentable in the office including a hair dryer and an iron. I also have access to a cycling community who are helping me to learn the ropes.

To become a commuter I have also had to overcome my fear of cycling on busy roads. Brisbane is still very much a car-dominated city, and although this is changing, cyclists don't yet have a big presence on the roads. Unfortunately this means that drivers don't look out for cyclists as much as they should and some become nervous when cyclists are on the road.

I think the key to being safe on the road is to always have your wits about you and to exaggerate your indications. As one friend said to me "cyclists sometimes have too much faith in me as a driver". I haven't had any bad experiences yet and I hope that continues.

Riding a bike has far exceeded my expectations. It is becoming my vehicle of choice to get out and about in Brisbane both on weekdays and the weekend. I absolutely love it.

"Rain or shine, hot or cold, windy or still, light or dark – 4830 kilometres a year – the decision was made prior to joining cycle2city. This is what I wanted to do for my health and my enjoyment – I made a decision.

In 1999 I was a Carpenter– life was good. Then ...minor operation..... turns out I may never walk again.....in hospital 18 months. Sorry they told me, but be glad you're still alive – the decision was made for me. I was told I would never ride a motorbike or push bike again. 3 brain cells left - what to do? Lawyer of course! The decision is made.

I bought a bike, a Scott, made in 2007, a flat bar racer, 24 gears (I use everyone!), specifically set up for acquired brain injury. The motor was created 1953, a very good year for pushbike motors. Motor needed an overhaul, valves re-seated, cylinders decoked, air filter cleaned, fuel injectors cleared. I needed to convert my fat into fuel, my flab into forward motion – it was my decision.

At 4.50am every week day I'm out the door—I know every hill up and down. No one around, only myself to compete against. Don't stop – resist the temptation to free wheel. No one else knows but me. At last the river. Always changing.

Finally down to the Centre. Always a warm welcome, always glad to see you. "How was the ride", "Good to see you" – what a way to start the day. "Can you get Troy to check the gears?"..... "No worries".

Fresh towel, hot shower, clean laundered pressed clothes. "Enjoy your day". I'm at my desk by 5.55am.

People often ask me am I tempted to sleep in, have a day off, I answer ` the decision is not made when the alarm goes off, it is made a long time ago. He who conquers himself is greater than he who conquers the world.

Rain or shine, hot or cold, windy or still, light or dark – 4830 kilometres a year – the decision has been made.

Troy's Tips



Drivetrain care

Chain maintenance should be an essential routine you follow to ensure the longevity and reliable performance of your bikes drivetrain. It can be as simple as a regular wipe with a rag and relube with a dedicated chain lube, the rule of thumb for lubing frequency is every 100km – although this can vary depending upon the riding conditions.

There can be some confusion over how best to clean your chain and what type of chain lube to use for your riding conditions. I am happy to advise on this as there are simple techniques to avoid turning your chain maintenance into a messy, grungy affair.

We use several different types of lubes in the workshop - oils, waxes and dry teflon based lubes. Generally, for commuter cycling, I would recommend using a wax based lube (Pedros Ice Wax) which will be resilient washoff and grit collection.



NEWS FROM THE WORKSHOP



We are proud to add some premium accessory brands to our retail shop in time for winter - namely HID Technologies, Netti, and Topeak. The focus has definitely been winter preparation, as it is a great time to ride if you have good reliable lights and warm functional clothing. Troy has extensive experience with many of the products in real life usage and rigorously tests new products to ensure they fulfil the criteria required.

HID Technologies is a Brisbane based company specialising in high performance bike lighting products. They have developed a new headlight to cater specifically for bike commuters. It's called the pigmy and has a perfect balance of beam spread and throw from custom optics. It is currently in the final stage of production.

We expect to have these lights available in the next few weeks. In the meantime we have a test light (very similar to the pigmy), which members can trial for a night ride home to get a feel for what is coming. If you're interested, let reception know.



Netti is an Australian company producing quality cycling apparel and accessories. We expect to have our first delivery of their 'lets-combat-winter' cycling clothes next week.

Apart from the baseline items such as jerseys and knicks, we will also have gloves, gilets, windstopper jackets, shoe covers, arm and leg warmers, ear warmers and rain jackets.

Our product focus with Topeak includes pannier bags, racks, compact storage, drybags, as well as office and laptop storage. Topeak products are in a class of their own - Troy has used many of these over the years and is most impressed. We have Topeak in stock now and our demo bike is kitted out to illustrate how carting stuff around can be quite easy.



We are located within the King George Square Bus Station complex, which borders the junction of Roma and Ann Street. Take the stairs down to Platform 2 and you will see our public entrance.



REGISTER YOUR BIKE WITH QLD POLICE

Police find thousands of stolen bicycles every year. Most bicycle owners never see their bikes again simply because the owner cannot be located.

Forms can be collected from reception or members can register their details with cycle2city staff.

Bicycling is a big part of the future. It has to be. There's something wrong with a society that drives a car to workout in a gym. -Bill Nye.

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For more information on chain wear or the correct chain lube and application technique for your bike, please see me at the workshop window on your way through in the morning or afternoon.

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